

July 2020

TAVISTOCK INSIDER

peopleCare Tavistock * 28 William St. N * 519-655-2031 * www.peoplecare.ca



Outdoor Visits

peopleCare
communities



Happy 104th B-Day Ruth!





Happy Birthday to
All those born in *July!*

Resident Name	Date
Leo D.	1 st
Ruth W.	2 nd
John H.	3 rd
June C.	4 th
Elva S.	6 th
Bea Y.	7 th
Alma L.	11 th
Susie S.	14 th
Ron G.	15 th
Elaine Z.	16 th
Dorothy Ken.	17 th
Anita C.	21 st
Betty L.	22 nd
Doris K.	26 th

Flower: Rose
Birthstone: Pearl

July Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo's Lions, the zodiac's natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.

★ **HAPPY** ★
BIRTHDAY!

Message from the Executive Director

So nice to see our Families in person again.
Remember to book your outdoor visit with
one of our Recreation Staff!

Thank you so much for your kind words, and
gestures shown to our staff.

We are overwhelmed with your generosity; it
is very much appreciated!

Stay Healthy!

If you would like to drop anything off for your
family, we would be happy to collect it at the
front door and deliver it!

Congratulations to the following staff who
were recognized through our Heart Beats
Program and who were able to collect their
\$100 reward:

Crystal J., Agnes Y., Louise D., Ashley P.,
Joan Y., Val M.

Good for you all – and thanks for your hard
work and dedication!

Happy Canada Day!

Enjoy Your Summer!

Deb Wettlaufer



In Memory Of

Nelson A.

*Our deepest thoughts and sympathies go
out to the family and friends*

A message from the Recreation Team

We are a couple weeks into initiating social outdoor visits with family members, and it is going very well. It is so nice to see family members again!! Thanks to all of the visitors for ensuring you have an updated COVID-19 test completed.

If you would like to book a visit – please call Jenn or Tammy in Recreation during business hours (Mon-Fri) to book your visit, or to ask any questions you may have about outdoor visits.

Unsure about outdoor visits??

That is completely okay! We are still offering virtual visits (skype/facetime) as well as window visits.

Call or email ahead and book a time!
taviresidents@outlook.com

Tips for your Outdoor Visit:

- Please ensure you read and understand fully **all** aspects of the visitor guidelines.
- Please ensure you have a recent COVID 19 test completed. These are required every 2 weeks.
- Dress appropriately for the weather. As long as it is not thundering/lighting we have tented areas for the visits.
- Please remember to wear your face covering correctly throughout the whole visit
- Understand that sometimes 30 minutes is too long for some residents, and that even a shorter visit will still hold impact and meaning!
- Please remember to maintain 6ft distance throughout the **whole** visit.
- Don't fret if the first visit doesn't go as planned! We can try again! Or we can offer a Virtual or Window Visit next time!

Creating A Meaningful Outdoor Visit

We understand that visits at times can be difficult from a 6ft distance – if you're having difficult engaging your family member for the visit you could consider:

Calling another family member on your cell phone throughout the visit and having a group chat!

Bringing a prop of some sort, i.e.: old photos, or something of meaning, that you could hold up and show, as a conversation starter. (remembering that we ask you not to pass things to each other throughout the visit)

Read a short story to your family member

We have IPAD's available, to play music during the visit if needed.

Try to keep conversation upbeat, and positive and not dwell too much on the pandemic

We have a voice enhancer and headphones for residents who find the visit difficult because of hearing impairments

And remember..... if your loved one has difficult communicating, it's okay to sit in silence with your them, just enjoy each other's company and the nice summer weather!

As always if we can help in any way to enhance your experience, please let us know! We are here to assist through the visit if needed!



Sometimes you will never know the value of a moment until it becomes a memory

Outdoor Social Visits - FAQs

What is the difference between a social visitor and an “essential visitor”?

By Ministry definition, essential visitors include persons performing essential support services (e.g. food delivery, phlebotomy, maintenance, providing care services and other health care services required to maintain good health) or a person visiting a very ill or palliative resident. A social visitor is one whose primary goal is to be that important source of mental and emotional strength for residents.

Do I need to have a negative COVID-19 test prior to visiting?

Yes. Aligned with Ministry directives, social visitors must have a negative COVID-19 test within the past 14 days.

Do I need to bring proof of my COVID-19 negative test?

We will accept an attestation from a visitor that they have had a negative COVID-19 test in the past two weeks. The visitor sign-in at the active screening will include an acknowledgement and confirmation of this attestation.

Where can I get my COVID-19 test?

Visit www.COVID-19.ontario.ca to find an assessment centre near you.

How do I book a visit?

Each peopleCare Home has developed their own plans and processes based on the needs of their residents and families. We are looking to make the process as easy as possible, including self-scheduling if possible. Scheduled visits were one of the top-ranked “must-haves” related to outdoor social visits in our recent family survey. Your ED or Director of Programs can give you specific instructions for booking.

Who can attend an outdoor social visit?

At this time we are able to support a phased approach, starting with one visitor at a time. We are asking each resident, or their substitute decision maker (SDM), to decide who will visit from each family and in which order they visit.



Can I visit more than once a week?

We are focused on ensuring every family who wants to visit has an opportunity to do so, starting with one visit per week for each resident. Once everyone who wants to visit in a week has had the chance to do so, we will do our best to accommodate additional visits.

What are the guidelines for an outdoor social visit?

We have prepared a handout to support all visitors in understanding the guidelines that we have put in place to keep everyone safe, aligned with the Ministry directives. We are going to email this information to all SDMs and will have the information available when people come for a visit.

Do I need to bring my own mask?

We will have PPE available in case you are having trouble sourcing your own mask.

Will my loved one be wearing a mask?

Residents will not be wearing a mask. Universal masking is required for all staff and visitors, including during outdoor social visiting, to protect the residents.

With outdoor social visits starting, are you discontinuing virtual visits?

In our recent survey, many of you told us that virtual visits are a valued way to engage with your loved one. We will continue to support virtual visiting to the extent possible and for all those who choose to keep in touch with their loved one in this way.

Visitor Guidelines for Outdoor Social Visits

Below is a list of guidelines that we have implemented so that everyone is prepared for the visits.

Please read guidelines carefully

- We ask that visitors not visit if they are feeling unwell in any way.
- All visitors must be read and understand visitor guidelines prior to visit.
- Visitors must be 18 years of age or older.
- At this time, we are able to support a phased approach, starting with one visitor at a time. And one visit per week. We are asking each resident, or their substitute decision maker (SDM), to decide who will visit from each family and in which order they visit. **Please have this arranged prior to booking.**
- All visits must be prescheduled during business hours Monday-Friday. By calling the home's outdoor visiting leads Jenn Kairies Director of Programs, or Recreationist Tammy Smith at 519-655-2031 x36. All effort will be made to accommodate requests. Visits must be pre-booked 24 hours in advance
- Your social outdoor visit will be scheduled in 30-minute time frames. Please arrive on time for your pre-booked time slot with enough time to check in. (5 minutes ahead of time)
- Visitors will only be able to visit their loved one, and no other residents at this time.
- There will be no access to washrooms during the visit.
- At this time, other than service animals, no pets will accompany the visitor.
- Visitors are encouraged to bring their own mask; however, masks will be available if needed, and must be worn throughout the duration of the visit.
- Visitors are strongly recommended to bring their own lawn chair for the visit.
- There will be one Screening Station. All visitors will arrive at side of building (Old school entrance, between peopleCare and Grace United Church). Parking is available along the fence, in back parking lot, or the church parking lot. When arriving for the visit, please stop at the designated Screening/Sign In area which will be clearly marked. Designated markings will promote direction.
- Visitors will be asked to sanitize hands prior to the screening.
- Visitors will be screened by the assigned screener. Including temperature check and screening questions. By completing the required screening questions visitors are attesting that a COVID-19 test has been completed with negative results in the last 2 weeks.
- Visitors will be educated on donning and doffing of masks, where to discard masks after the visit and hand sanitizing best practices.
- Visitors will be escorted or directed to the designated visiting areas
- If removing masks, visitors should sanitize hands, remove mask and sanitize hands again at the designated stations after the visit.
- We ask that visitors not hand their family members or staff members any personal belongings or food during the visit.
- In the event of inclement weather, or if we have to cancel the visit for any reason, visitors will be notified, and visits will be rescheduled

Non- Compliance with the Home's Policy could result in a discontinuation of visits for the non-compliant visitor

How to handrub

Rub hands for 15 seconds



1 Apply 1 to 2 pumps of product to palms of dry hands.



2 Rub hands together, palm to palm.



3 Rub in between and around fingers.



4 Rub back of each hand with palm of other hand.

Rub hands for 15 seconds



5 Rub fingertips of each hand in opposite palm.



6 Rub each thumb clasped in opposite hand.



7 Rub hands until product is dry. Do not use paper towels.



8 Once dry, your hands are safe.



For more information, please contact handhygiene@oahpp.ca or visit publichealthontario.ca/JCYH

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HAND HYGIENE

To clean hands properly, rub all parts of the hands and wrists with an alcohol-based hand rub or soap and water. Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs

How to handwash

Lather hands for 15 seconds



1 Wet hands with warm water.



2 Apply soap.



3 Lather soap and rub hands palm to palm.



4 Rub in between and around fingers.

Lather hands for 15 seconds



5 Rub back of each hand with palm of other hand.



6 Rub fingertips of each hand in opposite palm.



7 Rub each thumb clasped in opposite hand.



8 Rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.



11 Your hands are now safe.



For more information, please contact handhygiene@oahpp.ca or visit publichealthontario.ca/JCYH

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- Place mask over nose and under chin
- Secure ties, loops or straps
- Mould metal piece to your nose bridge
- For respirators, perform a seal-check



← PPE (Masking)

Living the peopleCare Values

PEOPLE

Educate, Mentor, Recognize

Who have you recognized lately?

Mentoring = Leadership
Be a Leader today!



<https://www.facebook.com/PeopleCareCommunities/>

HEARTbeats

Congratulations to our May Draw Winners!

Name of Giver: Alice S.

Name of Receiver: Nicky D.

They have received a \$25 gift card for displaying the peopleCare Values!

Thank you for all you do



As you may notice there is no Recreation Events Calendar included with this newsletter. With the continued protocols around Social Distancing, we have decided to continue to refrain from providing our usual Recreation Events Calendar.

Rest assured we are still providing small group programming for residents following all social distancing guidelines (5 residents at a time, at 6 feet apart) as well as spending lots of time arranging and facilitating virtual/phone visits and most recently, outdoor social visits.

We are still having fun and engaging your loved ones in meaningful activities safely! Don't forget to check out our Facebook page (peopleCare Communities), it's a great way to stay connected to what's happening in the homes!

peopleCare is here for you!

peopleCare recognizes that we cannot thrive without the hard work and dedication our employees make every day in all our Homes. Please remember all of the programs that peopleCare has to assist you in your personal lives, educational pursuits and employee recognition! If you are unfamiliar with any of the following, please speak to your manager:

- Employee Assistance Program
- Education Assistance Program
- HEARTbeats Rewards and Recognition Program
- Disaster Relief Fund

Canada Word Search

U L H S F E E W S D G A K P Q
I S A M Y S C N G R K W L W D
I L A C O R I I I A T A E Z W
L E G O R A U Z N O S T P L R
B D M N T O Z P B B N T E C N
J Q E N I L S H Z W O O M D U
J E U R Y I C S Z O W P G D B
J O S E T A K S E N M R E E D
M W I L D R O S E S A L O D N
G O O S E B W Z W R N B G Q X

deer

elk

goose

grizzly

ice

lacrosse

moose

mountains

Ottawa

RCMP

skates

skiing

sled

snowboard

snowman

syrup

Wild rose



Unscramble the letters to find the words in our

Canada Anagram



Hidden Word

(solve the circled letters): _____

v**r**e e a b

t**t**o w a a

g i r**h** f s i

t**e**i o n m u

s o e o**m**

m c**r**p

n c a e**o**

o n o l e**i**

n o w s

b z m a**n** i o

o k **h** y e

l p e a**m**
